

## Pork Chops w/Celery Sauce 50

Number of Servings: 50 (155.94 g per serving)

Amount	Measure	Ingredient
12 1/2	lb	Pork, chop, center cut, 4 oz pce, FS
3.00	cup	Water, municipal
3 1/8	lb	Soup, cream of celery, cond, cnd

### Nutrients per serving

Nutrition Facts			
Serving Size (156g)			
Servings Per Container			
Amount Per Serving			
Calories 180		Calories from Fat 70	
			% Daily Value*
Total Fat 7g			11%
Saturated Fat 2.5g			13%
Trans Fat 0g			
Cholesterol 70mg			23%
Sodium 280mg			12%
Total Carbohydrate 2g			1%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 25g			
Vitamin A 2%		Vitamin C 0%	
Calcium 0%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Instructions

4 oz chops with bone AP will = ~2 1/2- 3 oz EP when cooked

### Notes

\*Bake trimmed pork chops in single layer on sheet pans at 350 degrees F for 45 minutes, covered with foil.

\* Healthy Request Cream of Celery soup is about 1/2 the amount of sodium as regular cream of celery soup. A way to decrease sodium intake.

\*Drain off any drippings and pour celery soup mixed with water over pork chops (can be layered in pans) and recover with foil. Continue baking at 350 degrees F for another 1 1/2 hours or more until tender and internal temperature reaches 165 degrees or more.